

Sepsis

What is Sepsis ⇨ The body's overwhelming response to infection, which can lead to tissue damage, organ failure, amputations and death.

Who it Hurts ⇨ Sepsis is an equal-opportunity killer impacting people of all ages and levels of health.

Spot the Signs ⇨ An infection with any combination of the following symptoms could mean sepsis:



Confusion or disorientation



Fast heart rate



Shortness of breath



Fever, shivering or feeling cold



Extreme pain or discomfort



Clammy or sweaty skin

**Act fast if you suspect sepsis. Seek medical care immediately!
Call your healthcare provider. Say "I suspect sepsis."**

Do your part... Protect, Prevent and Preserve



Cover your cough



Wash your hands



Stay up-to-date with immunizations



Stay home when sick



Take antibiotics responsibly



Lives depend on it

Signs of Infection and Sepsis at Home

- My heartbeat is as usual. Breathing is normal for me
- I have not had a fever in the past 24 hours and am not taking medicine for a fever
- I do not feel chilled
- My energy level is as usual

- My thinking is clear
- I feel well
- I have taken my antibiotics as prescribed
- I have a wound or IV site, it is not painful, red, draining pus or smelling bad

Doing Great!
No action is needed.

- My heartbeat is faster than usual
- My breathing is a bit more difficult and faster than usual
- I have a fever between 100F and 101.4F
- I feel chilled and cannot get warm. I am shivering or my teeth are chattering
- I do not feel well

- I feel confused or not thinking clearly
- I am too tired to do most of my usual activities
- I have a bad cough or my cough has changed
- How often I urinate has changed. When I do urinate, it burns, is cloudy or smells bad
- My wound or IV site has changed

Take action NOW!
Call your healthcare provider.

- My heartbeat is very fast
- My breathing is very fast and more difficult
- My temperature is below 96.8F. My skin or nails are pale or blue
- My fever is 101.5F or more
- I have not urinated for 5 or more hours

- I am very tired. I cannot do my usual activities
- My caregivers tell me I am not making sense
- I feel sick
- My cough is much worse
- My wound or IV site is painful, red, smells bad or has pus

Take action NOW!
Call your healthcare provider. Say "I suspect sepsis"